

Print this email out. It is meant to be a guide for your time of prayer.

Pray Psalm 139:23,24:

**23** Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
**24** Point out anything in me that offends you,  
and lead me along the path of everlasting life.

Listen. Ask God to forgive you for anything he reveals.

Read and meditate upon:

Matthew 22:34-40

**34** But when the Pharisees heard that he had silenced the Sadducees, they gathered together. **35** And one of them, a lawyer, asked him a question to test him. **36** "Teacher, which is the great commandment in the Law?" **37** And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. **38** This is the great and first commandment. **39** And a second is like it: You shall love your neighbor as yourself. **40** On these two commandments depend all the Law and the Prophets."

Ask God to show you areas where love for God and people is not your motivation. Write down anything he speaks to your heart.

Ask God to redeem--to purify--your motives. Ask forgiveness for how you might have hurt his heart. Be willing to go to anyone else that you might need to apologize to if your lack of love has hurt them.

When I served as a worship pastor in an Anglican church, we would pray the below confession each week. Like a favorite hymn, this prayer has become a companion that has helped to shape my own confession toward God. Read through this confession once. Read through it again and make it your prayer.

*Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.*

Listen to "We Confess" by Glenn Packiam at <https://youtu.be/4Z4i6b5uibA>